



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

SHADOW RANCH RECREATION CENTER

22633 VANOWEN ST. WEST HILLS, CA 91307 (818) 883-3637
3637 SHADOWRANCH.RECREATIONCENTER@LACITY.ORG



ADULT TAI CHI

**REGISTER
FEB 23, 2026**

**AGES: 18 +
INSTRUCTOR : MARK**

FRIDAYS / 8 CLASSES

**FIRST CLASS: March 6TH
10:45-11:45 AM**

SATURDAYS / 8 CLASSES

**FIRST CLASS: March 7th
10:00-11:00AM**

This Tai Chi class is a session that teaches a low-impact, mind-body exercise. Characterized by slow, fluid movements, controlled breathing, and deep meditation. These classes aim to improve balance, flexibility, strength, and reduce stress, often leading to a greater sense of well-being.

PRICE: (\$125 / 8 Classes) OR (\$10/ Drop-in)

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible. Programs are subject to change or cancellation without notice. No refunds will be issued unless the program is cancelled by the facility.